



Norwalk Lunch Menu Grades 9-12 October 2018



Choose an Entrée:	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	Fish Sandwich on a Bun Pepperoni French Bread Popcorn Chicken Potato Bowl/ Roll Mashed Potatoes Sweet Corn Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit	Pizza Burger Drumstick/Dinner Roll Macaroni & Cheese/Dinner Roll Sugar Snap Peas Broccoli Apple Slices Pineapple Assorted Fresh Fruit	Chicken Nuggets/Dinner Roll Hamburger on a Bun Meatball Sub Crosstrax Sweet Potato Fries Peas Strawberry Applesauce Peaches Assorted Fresh Fruit	Stuffed Crust Pepperoni Pizza* Corn Dog Beef & Cheese Nachos Ranch Beans Oven Baked Tater Gems Strawberry Kiwi Side Kick Fruit Cocktail Assorted Fresh Fruit	Cheese Stuffed Sticks/Marinara BBQ Beef on a Bun Pancakes/ Egg Omelet Hash Brown Glazed Carrots Blueberries 100% Juice Assorted Fresh Fruit
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Optional Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	8 MONDAY No School! October 11th is Local Food Day We are showcasing some menu items produced in the fabulous State of Iowa! 	9 TUESDAY Bosco Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Salisbury Steak/Biscuit Mashed Potatoes Green Beans Apples Fruit Cocktail Assorted Fresh Fruit	10 WEDNESDAY Breaded Chicken Sandwich Cheese Pizza Beef & Noodles/Dinner Roll Scalloped Potatoes Steamed Broccoli Banana Applesauce Assorted Fresh Fruit	11 THURSDAY Breaded Mozzarella Sticks/Marinara Hot Dog on a Bun* Barilla Pasta Bar/Bread Stick Corn Edamame Mandarin Oranges Baked Cinnamon Apples Assorted Fresh Fruit 	12 FRIDAY Chicken Parmesan Sandwich Garlic Cheese French Bread Chicken Alfredo/Bread Stick Mixed Vegetables Italian Blend Vegetables Strawberries Grapes Assorted Fresh Fruit
CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13					
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	15 MONDAY Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Chicken Tortilla Soup/Biscuit Potato Smiles Broccoli Strawberry Applesauce Fruit Cocktail Assorted Fresh Fruit 	16 TUESDAY Pepperoni French Bread* Pulled BBQ Pork on a Bun* French Toast Sticks/Egg Omelet Hash Brown Edamame 100% Juice Cup Pears Assorted Fresh Fruit	17 WEDNESDAY Fiestada Pizza/Salsa Breaded Chicken Sandwich Sweet Thai Chili Chicken/Rice Glazed Carrots Steamed Peas Mandarin Oranges Blueberries Assorted Fresh Fruit	18 THURSDAY Spicy Chicken Tenders/Dinner Roll Real Slice Pepperoni Pizza* Orange Chicken & Rice Green Beans Sweet Potato Fries Pineapple Strawberries Assorted Fresh Fruit 	19 FRIDAY Corn Dog Garlic Cheese French Bread Queso & Chips Baked Beans Corn Fruity Side Kick Peach Cup Assorted Fresh Fruit
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	22 MONDAY Cheese Burger Pizza Crunchers Loaded Baked Potato Soup/Cinnamon Roll Tater Tots Steamed Broccoli Pears Strawberries Assorted Fresh Fruit	23 TUESDAY Spicy Chicken Sandwich Mini Corn Dogs Macaroni & Cheese/Bread Stick Sweet Potato Crosstrax Fries Fiesta Black Beans Pineapple Apple Crisp Assorted Fresh Fruit	24 WEDNESDAY Cheese Pizza Hot Dog on Bun* Chicken Fajitas/Salsa Green Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit	25 THURSDAY Chicken Nuggets/Dinner Roll Garlic Cheese French Bread Grilled Chicken Sandwich Italian Blend Vegetables Steamed Broccoli Apple Slices Grapes Assorted Fresh Fruit	26 FRIDAY Bacon* Cheese Burger Fiestada Pizza/Salsa Chicken & Noodles/Dinner Roll California Blend Vegetables Mashed Potatoes Mandarin Oranges Dried Fruit Assorted Fresh Fruit
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	29 MONDAY Sloppy Joe on a Bun Breaded Chicken Patty on Bun Spaghetti with Meat Sauce/Bread Stick Steamed Corn Edamame Pears Peaches Assorted Fresh Fruit	30 TUESDAY Pork Chopette* on Bun Pepperoni French Bread* Orange Chicken/Rice Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries WG Cookie Assorted Fresh Fruit	31 WEDNESDAY BBQ Pork Rib on Bun* Stuffed Crust Pepperoni Pizza* Walking Taco Ranch Beans Oven Baked Fries Orange Wedges Baked Apples Assorted Fresh Fruit	Daily Side Choices also include fresh vegetables offered each day on our Vegetable Bar including: Romaine Lettuce, Baby Carrots, Tomatoes, Broccoli or Cauliflower, and other assorted fresh vegetables.	

Weekly Breakfast Menus Include Your Choice of Cereal/Toast, Bagel, Breakfast Pizza, Cinnamon Roll/Long John, French Toast Sticks, or a Bagel Breakfast Sandwich. All breakfast meals include fruit, 100% Juice and Milk. Join us for breakfast before school each morning beginning at 7:20 to help kick-start your learning. Breakfast Menu Offerings Vary Each Day.

*Entrée May Contain Pork Whole Grain Products Offered Daily Menus Also Include the Fresh Fruits and Vegetables Offered Daily on the Vegetable Bar

Deli Sandwich Bar Offered Daily. A Variety of Milk Choices are Offered Daily. Menu is subject to change without notice. USDA is an equal opportunity provider.